	Consumption	
Weightlifting	350	
Baseball	500	
Tennis	900	
Soccer	1200	
Basketball	1200	
Skiing	500	
Aerobics	300	
Cooking	120	

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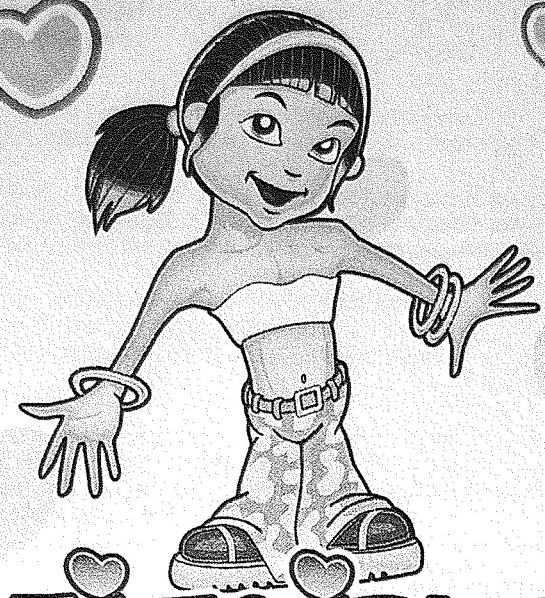
BC029A-02C-M0

6 and up

GAMZE



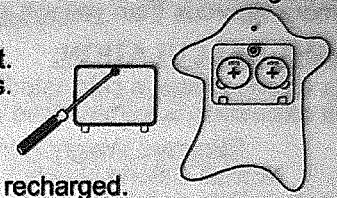
FITGIRLZ

MAKE MORE FRIENDZ

INSTRUCTION MANUAL

REPLACEMENT OF BATTERIES

To insert the battery, remove the battery compartment cover at the back of the game by unscrewing it. Insert 2×AG13 batteries as shown in the figure.



CAUTION

- Batteries should be replaced by an adult.
- Not suitable for children under 36 months.
- May contain small parts.

BATTERY SAFETY

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the toy before being charged
- Rechargeable batteries are only to be charged under adult supervision.
- Different types of batteries or new and used batteries are not to be mixed.
- Only batteries of the same or equivalent type as recommended are to be used.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the toy.
- The supply terminals are not to be short-circuited.

INTRODUCTION

If you are looking for a fun way to learn about diet and how to achieve a healthy weight, then you've purchased the right product.
Unlike traditional virtual games, your Fitgirl will conduct the lifestyle she wants to. Her typical timetable could be as follows:

0700	Breakfast
0800-1100	Play
1200	Lunch
1300-1400	Play
1500	Afternoon Tea
1600-1900	Play
1900	Dinner
2000-2100	Watch TV
2200	Bedtime snack

You must intervene and make her conduct a healthy life style through good diet, regular meals and sufficient exercise.

In this game unit, it is assumed that your Fitgirl will follow the life style you set for her for seven days. One day in our human life will be seven days in the Fitgirlz virtual world. You will notice the changes in Fitgirl's outlook are faster and more vigorous than you will see in our world.

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WEIGHT CALCULATION:

- The calorie intake is calculated on a daily basis (0:00~24:00).
- The calculation is summarised as follows:

Standard Weight (SW) = Height (m) X Height (m) X 22
Normal Calorie Needed (NCN) = Standard Weight (SW) X 35
One day's Calories Intake – NCN – One day's Calories Consumption = Surplus (S)

- When Surplus (S) is positive (S>0), it means that your Fitgirl has consumed too many calories today.
- When Surplus (S) is negative (S<0), it means that your Fitgirl has taken insufficient calories today.
- The calorie surplus will accumulate in the body and your Fitgirl will become heavier.
- For every 7200 calories of accumulated surplus, your Fitgirl's weight will increase by 1 kg. Similarly, for every loss of 7200 calories, your Fitgirl's weight will decrease by 1 kg.

BODY MASS INDEX (BMI):

BMI = Weight (kg) / (height (m) X height (m))

- When the Height is fixed, BMI changes based on Fitgirl's weight, and weight changes based on accumulated calorie surplus.
- If your BMI is less than 20 , you are underweight.
- When the index is 20~25 , it means you are within the normal range.
- When the index reaches 25~30 , you are overweight.
- You are obese when the index is over 30 .
- The body shape displayed on screen will change according to the BMI. The change in body shape occurs at midnight when the unit does its calculations.

LIFE STYLE INDEX (LSI):

In addition to BMI, we also measure the life style index to measure your health.
The LSI will be reset to 0 at midnight every day. The unit will store the LSI of past three consecutive days (LSI_{-1}, LSI_{-2} and LSI_{-3})and together with today's LSI_0

- If the result is negative , it means Fitgirl's life style is bad;
- If the result is within 0~5 , Fitgirl's life style is normal;

- When within 6~10 , Fitgirl's life style index is good;
- When over 11 Fitgirl's life style is excellent.

PHYSICAL STRENGTH INDEX (PSI):

The Physical Strength Index (PSI) is a measure of how fit Fitgirl is:

- When PSI is negative (PSI<0) , it means Fitgirl is weak;
- When PSI is within 0~4 , it means Fitgirl's health is normal;
- When PSI is within 5~14 , it means Fitgirl is fine;
- When PSI is over 14 , Fitgirl is excellent. In this unit the maximum PSI value you can have is 20.

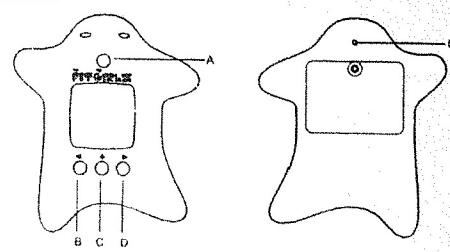
The PSI changes with exercise according to the following rules:

- You will lose a point in PSI if she takes no exercise for a day.
- For 3 consecutive days, if she consumes more than 300 Kcal but less than 600 Kcal per day through exercise, a point will be credited to her PSI;
- For 3 consecutive days, if she consumes more than 600 Kcal but less than 2000 Kcal per day, several points will be credited to her PSI;
- Too much exercise can be harmful. She will lose points if she consumes more than 2000 Kcal through exercise in any single day or exercise more than five times a day;

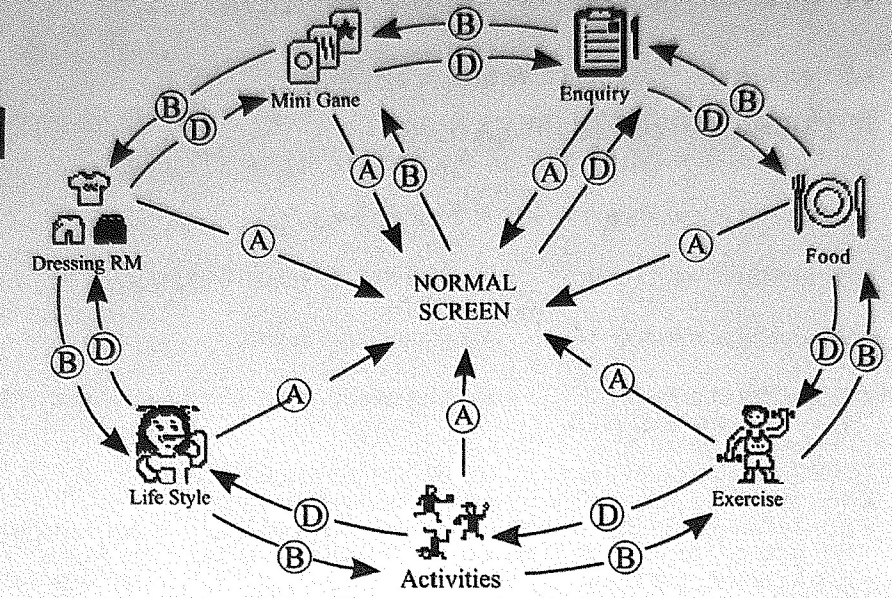
In addition to doing exercise, taking sufficient fluids is vital for her health. It is recommended that she drinks around 8 glasses of water everyday, in order to maintain a healthy PSI.

KEY DEFINITION

A-ESC
B-LEFT
C-ENTER
D-RIGHT
E-RESET



Refer to the diagram below for the basic operation flow using the various key defined earlier.



START THE GAME

To activate the game, pull the plastic tab from the side or press the RESET button on the back of the unit. The unit will automatically enter the name setting mode.

Setting the name

- Press B or D to search through the alphabet. Press C to confirm a letter and move into the next space or press A to go back to the previous space.
- Your Fitgirl's name has a maximum of 5 letters;
- By confirming the last letter of your Fitgirl's name, the unit will automatically enter the weight setting mode;

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Setting the weight

- Once you enter the weight setting mode, press B or D to choose between Kilogram (K) and Pound (P). Press C to confirm your selection;
- Press B or D to set the weight using your chosen denomination (K or P), press C to confirm and A to go backwards;
- After you have confirmed her chosen weight, the unit will enter the height setting mode;

Setting the height

- Press B or D to choose between Metres (M) and Feet (F). Press C to confirm your selection;
- Having confirmed the denomination, press B or D to set the height. Press C to confirm and A to go backwards;
- In this game, you are advised to set your Fitgirl's height and weight the same as you, so that you can monitor how well you are doing in real life;
- In some extreme cases, however, if your BMI is too extreme and your Fitgirl may reach the game end condition too soon, you may want to use other figures, for example,

Metre	Kilogram	Feet	Pounds
1.0	23	3.3	50
1.2	33	3.9	73
1.4	45	4.6	99
1.6	59	5.2	130
1.8	75	5.9	165
2.0	92	6.5	202

The value suggested above will give you a BMI within the normal range i.e. 20-25. This will give you sufficient time to enjoy the game.

Setting the Date 03/30 and Time 20:00

- Press B or D to adjust; C to confirm and A to go backwards;
- The time and date are adjusted in the following sequence MONTH <-> DATE <-> HOUR <-> MINUTE
- It is very important that you set the correct time for the unit as your Fitgirl will follow an actual daily schedule;

Sound ON / OFF

Finally, you can choose between sound ON (the left icon) and OFF (the right icon). Once confirmed (by pressing C) the game starts.

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MENU FUNCTION

As shown in the diagram above, there are seven menu functions altogether. Press B and D to browse through different functions and press C to make a choice. At anytime, press A to exit from the menu selection screen.

A-Enquiry B-Food and Snacks C-Exercise
D-Activities E-Life Style F-Dressing Room
G-Mini Games

ENQUIRY

Press B and D to browse through Fitgirl's status:

- Name
- BMI
- Current Body Shape
- PSI
- Weight
- LSI

FOOD AND SNACK

Diet plays a crucial role in maintaining a healthy life. Different foods are available for you to choose from. (Many good and some bad!) Please refer to the appendix for the calorie content of different foods. The general rules are:

- You can choose a maximum of four foods for each meal;
- Unless you intervene, Fitgirl will sleep or exercise; she will eat at some prescheduled time and choose whatever she wants to.
- Five minutes before the pre-scheduled meal time / snack time, the unit will show a cool animation (i.e. thinking of food,) and play a meal time melody. At this time, leave the unit alone if you want your Fitgirl to choose her own food.
- Choose the no food icon from the FOOD menu if you want to stop Fitgirl from choosing her own food;
- You can then make your own selection of food from the FOOD menu.
- Depending on your choice of foods and the time of the day, different combinations of animation will be shown

When you choose her food,

- Go to the FOOD menu, press B and D to browse though different foods available;
- All foods are numbered. There are altogether 68 foods / drinks +water + No Food ;

- If you want to choose the food / drink that is displayed, press C and you will hear a beep sound;
- Press B and D to browse for other foods and press C to select until you have chosen four items. The unit will then show the animation showing your Fitgirl eating;
- If you choose fewer than four foods, press A when you think you have selected sufficient;
- Each meal session will last for 5 minutes. You can choose the no food icon from the food menu if you decide, after all, that Fitgirl should not take your chosen food. You can also select the no food icon if you have made a wrong selection and want to change it.

Apart from food, water is crucial in maintaining a healthy life. Fitgirl has to drink at least 8 glasses of water per day.

EXERCISE

Refer to the instruction manual for the activities / exercises available and the corresponding calorie consumption for an hour of continue exercise. In this game, each section of exercise lasts for 5 minutes. As in real life, you have to be patient and complete the training / activity.

- You cannot stop the current exercise before the session ends.
- You can not interrupt an exercise session with other activities apart from drinking water.
- You cannot have a meal or do other activities during exercise, However, you can drink water;
- Different exercises are available for Fitgirl: running , cycling , swimming ,jogging , skipping , hoola-hoop , weightlifting , baseball ,tennis , soccer , basketball , skiing , aerobics and cooking .

ACTIVITIES

- There are several "games" (non-interactive) available for you and the unit to choose to keep Fitgirl happy. They are: Dancing , Darts , TV Games ,Art , Guitar , Piano , Playing Ball , Baseball Pitching and watching television .

These activities will be chosen by Fitgirl to do in her spare time, even though you do not ask her to do so.

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LIFE STYLE

Different daily activities are shown in this menu. Activities available are Toilet, Sleep / Wake Up, Brushing Teeth, Hair Styling, Vacuuming, Homework, Reading, Shower / Bath. All these activities are essential for a balanced life.

REMARK: Whilst Fitgirl is fast asleep, you cannot get her to do different activities. If you want to ask her to do something, you have to wake her up first by choosing from the life style menu.

DRESSING ROOM

Check how your Fitgirl looks when she is fit or unfit.

- There are four body shapes to choose from. These are: Underweight, Standard, Overweight and Obese.
- You can even change her clothes as well. Note you can give your Fitgirl a new outfit every day.
- Having made your choice of clothes, the unit will show a picture of your Fitgirl with her new outfit.

MINI GAMES (USER INTERACTIVE):

Three games are available for you to play: Table Tennis, Guess the Card and Tic Tac Toe.

Table tennis:

- Press B and D to move the racket.
- Press C to hit the ball back.
- You win after hitting the ball back 21 times.

Guess the Card

- Guess which card the computer is holding. There are 4 cards altogether.
- Press B and D to browse through the cards and press C to select your choice.
- If the chosen card is the same as the computer's choice, you win.

Tic Tac Toe:

- There are 2 horizontal lines and 2 vertical lines to make 9 squares.
- Use B and D to move the cursor around and C to place your dot.
- The first player to get three of his dots or squares in a row is the winner. Use your best tactics!

GB

SUGGESTIONS

It is your responsibility to give your Fitgirl a healthy life. You should not be restricted to giving her a healthy diet. You should maintain a disciplined life style. Here are some suggestions:

- Your Fitgirl should have at least 7 hours of sleep a day and should not sleep for more than 10 hours;
- You should not let your Fitgirl sleep between 12:00 and 20:00;
- You should wake your Fitgirl up between 06:00 and 08:00 and give her breakfast between 06:00 and 09:00;
- Brush her teeth after waking up in the morning and before she goes to bed at night;
- You should let her have her lunch between 11:00 and 13:00; And have dinner between 18:00 and 20:00;
- Have regular exercise everyday But you should not over-exercise your Fitgirl by giving her more than 4 exercise sessions a day;
- You should not let your Fitgirl exercise during the hours she should be sleeping or burn more 2000 Kcal through exercise a day;
- You should not ask your Fitgirl to exercise for at least one hour after each meal;
- You should get your Fitgirl to take a shower everyday;
- You should train your Fitgirl to concentrate on her main meals and should not take snacks in between.

GAME END CONDITION

Take good care of your Fitgirl and she will be your best friend. Sometimes, however, your Fitgirl will get sick and have to go to the doctor. Different scenarios will prompt different animations. For example:

When your Fitgirl is sick (i.e. reaching the game end), she will be taken to the hospital for further treatment (one of the animations above will be shown continuously on screen). Apart from button C all other keys will be disabled. Press C to toggle between the animation screen and the time / date screen. You can now restart the game by pressing the RESET key.

When your Fitgirl is in the hospital, she will still conduct a disciplined life. This means that she will go to bed and have food as usual. As a result the dreaming of food animation and the sleeping animation will be shown occasionally after the game end animation. The only different is you are not able to control the lifestyle of your Fitgirl anymore. To gain control of your Fitgirl again, press the RESET key to start a new game.

GB

RESET

If you want to start over from the beginning at any time, or reach the end of th game or if the unit malfunctions, press the RESET button on the back of th cabinet using a pointed device.

APPENDIX

The table below shows the calorie content for different foods provided by th unit. Apart from water and no food, each food / drink item is numbered c screen for your easy reference.

	Food	Reference calories content	Icon
	Water	0	
1	Full Fat Milk	140	
2	Bacon	60	
3	Egg	85	
4	Regular Yoghurt	80	
5	Sausage	300	
6	Sugar	10	
7	Salt	0	
8	Bagel	220	
9	Butter	100	
10	Cream of Chicken Soup	800	
11	Cheeseburger	350	
12	Sirloin Steak	1200	
13	French Fries	250	
14	Pork	180	
15	Pizza	900	

	Food	Reference calories content	Icon
16	Mackerel	100	
17	Ice Cream	200	
18	Bacon Sandwich	500	
19	Meat Pie	280	
20	Chocolate Cake	300	
21	Jam Donut	160	
22	Prime Rib	700	
23	Pepperoni	300	
24	Croissant	200	
25	Crisps/Chips	500	
26	Peanuts	280	
27	Sweets/ Candy	80	
28	Cola	150	
29	Soda	100	
30	Hot Dog	250	
31	Full Fat Cheese	80	
32	Chocolate	100	
33	Milkshake	160	
34	Avocado	190	
35	Cereal	170	
36	Skimmed Milk	70	

	Food	Reference calories content	Icon
37	Toast	160	
38	Unsweetened Fruit Juice	80	
39	Low Fat Yoghurt	50	
40	Baked Beans	30	
41	Tea	0	
42	Coffee	0	
43	Artificial Sweetener	0	
44	Low Fat Spread	50	
45	Granary Bread	150	
46	Vegetable Soup	50	
47	Low Fat Burger	200	
48	Baked Potato	80	
49	Broccoli	8	
50	Cabbage	20	
51	Tuna	90	
52	Chicken	110	
53	Strawberries	15	
54	Cod	80	
55	Fish Cake	60	
56	Lettuce	10	
57	Tomato	20	

	Food	Reference calories content	Icon
58	Onion	20	
59	Ground Beef	170	
60	Rice	230	
61	Pasta	800	
62	Low Calorie Bread	160	
63	Crumpet	55	
64	Apple	100	
65	Banana	80	
66	Orange	40	
67	Diet Soda	70	
68	Low Fat Cheese	40	
	No Food	0	

Exercise	Reference Calories Consumption	Icon
Running	400	
Cycling	300	
Swimming	500	
Jogging	300	
Skipping	300	
Hoola Hoop	250	